

Don't Let Loud Noise Damage Your Hearing

[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Welcome to this CDC podcast about hearing loss among 12 to 35 year olds due to exposure to noise at home and in the community.

Hey, do you know that loud noises may damage your hearing? I recently went to a local music venue for the first time. The music was *very* loud. Since I hadn't been there before, I went up to an employee to ask for some information, and had to yell to be heard. He yelled back his answer. I asked him, "Doesn't the loud music bother you?" He said, "I've gotten used to it; I don't even notice it anymore."

You may not notice loud sounds because you've gotten used to them, or because you may already have some hearing loss.

Loud noises can cause permanent hearing loss. And not just loud noises like a firecracker or fire engine siren, but other more everyday sounds play a role in damage to the inner ear and cause hearing loss. For example, lawn mowers and leaf blowers, power tools, concerts, movies, and sports events, and personal hearing gadgets such as earbuds and headphones, when the volume is *way* too loud.

While hearing loss is mostly preventable, most people never or seldom use hearing protection, such as ear plugs or ear muffs. People with hearing loss often don't even know they have a problem, much like the employee at the music place. In fact, 25 percent of U.S. adults who reported "excellent to good" hearing already have hearing damage.

To protect your hearing, CDC recommends that you avoid loud noises when possible and use hearing protection. Check with your doctor or a hearing specialist for the type of hearing protection that best meets your needs.

For more information about recreational hearing loss, please visit [cdc.gov](https://www.cdc.gov) and in the search box, type *hearing loss*.

[Announcer] For the most accurate health information, visit [cdc.gov](https://www.cdc.gov) or call 1-800-CDC-INFO.